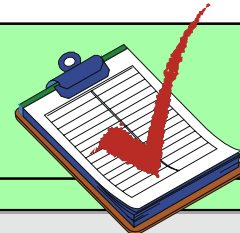


CHS CHECKUP



A publication by and for employees of the Kentucky Cabinet for Health Services

July 30, 2003

NEWS BRIEFS

Cabinet Cleanup Day

A clean up day for Health Services is scheduled for Friday, Aug. 1. Wear your jeans and be prepared to throw out and spruce up your work space.

Trash bins will be placed throughout the floors for clean up use. If you have items that need to be shredded, please contact your agency's records coordinator and they will arrange to have this material disposed in the proper manner. The same applies to records that need to be archived.

Check with your property officer about surplus items.

Fiscal Year 2003 Closing

A big **THANK YOU** for all the effort employees have put forth in assisting with the preparation for and the closing of State Fiscal Year 2003. We are very appreciative of the teamwork exhibited in achieving the tasks necessary for the Cabinet for Health Services to meet the closing deadline. Thanks again for a great job!



TIP OF THE WEEK

Caffeine is a stimulant, so it revs up the nervous system and causes a slight acceleration in heart rate. However, there is no evidence that moderate amounts of caffeine, two or so cups of coffee each day, are dangerous. However, consuming large amounts of caffeine is not advised, because it can overstress your heart.

Better Health Is Up To You At the 2003 Kentucky State Fair

The Cabinet for Health Services is telling people that **Better Health Is Up To You** this year at the 2003 Kentucky State Fair, Aug. 14-24.

The exhibit is a bit different this year than the past three years. It's still loaded with interactive games and screenings, but many of the displays are static - meaning that they won't always be staffed. It will be **up** to fairgoers to review health information and more aggressively educate themselves on how to take better care of their own bodies.

In addition, the exhibit will feature different program areas each day on a rotating basis. The overall theme features healthy nutritional and exercise choices. The booth will be decorated with brightly colored vegetables and fruits to underscore the importance of eating healthy foods. Please see the line-up for the CHS **Better Health Is Up To You** displays for both rotating and static exhibits in the grey box.

Our challenge this year is to carry out our charge of educating the general public by participating in the State Fair with the minimum amount of effort and expense to our employees and the Cabinet. We are emphasizing the top areas as denoted in **Healthy Kentuckians 2010** such as cardiovascular health, tobacco cessation, and nutrition and some programs such as KIDS NOW through the Commission on Children and Bioterrorism efforts that are priorities of this Administration.

If you go to the State Fair this year, please stop by and visit our booth in the Health Horizons area. Advance tickets are available to Kroger Plus Card holders at the grocery until Aug. 14. Those tickets are \$5 for adults and \$2 for children and seniors. Admission at the gate will be \$7 for adults and \$3 for children and seniors. Parking is \$4.

For more information about the State Fair, visit <http://www.kystatefair.org/>

Rotating Displays

Date	Area/Interactive Event
Aug.	
14	Food Safety/Jeopardy Game
15-16	Tobacco & CVH/Dip Lip, Carbon Monoxide, Tar Jar, Tobacco & CVH/Produce Man & Heart Model
17	Substance Abuse/DUI Goggles
18	Bioterrorism/Question Board
19	Aging Services/Wheel of Aging & PowerPoint
20	Product Safety/Sample Products & Bean Bag Toss
21	Oral Health/Periodontal Disease Concentration Game & Model Teeth with Floss
22	Commission on Children/Chutes & Ladders Game
23	Women's Health Women's Reproductive/Cancer Awareness & Gift Basket/Survey Activity
24	Bioterrorism/Question Board

Static Displays

14-24	Fast Food Fat Facts (Employee Health Center)
14-24	Sodium (Employee Health Center)
14-24	Blood Pressure Machines
14-24	Nutritional/Body Fat Display with Weight Scales (Employee Health Center)
14-24	Body Fat Analysis (KSU - 9:30am-6pm)
14-24	Diabetes (staffed on 8/19 only)
14-24	West Nile (Epidemiology)
15-17, 22-23	Derma Scan (Maternal and Child Health - 10am-6pm)
19	Stroke screening (Cardinal Hill Hospital)



"...promoting and safeguarding the health and wellness of all Kentuckians."

“Promise Not to Tell? A Teacher’s Guide to Recognizing and Responding to Child Sexual Abuse”

“Promise Not to Tell? A Teacher’s Guide to Recognizing and Responding to Child Sexual Abuse,” a new professional development training series to air on KET for educators, will be shown on Aug. 20 at Marriott’s Griffin-Gate Resort in Lexington at noon.

The series is the result of successful collaboration between the Sexual Assault and Domestic Violence Program within the Department for Mental Health and Mental Retardation Services, in partnership with Prevent Child Abuse Kentucky, the Kentucky

Association of Sexual Assault Programs, KET, and the Child Victim’s Trust Fund.

The training series includes three 20-minute videos featuring professionals from the fields of mental health, legal services, law enforcement, education and social services who join adult survivors of childhood sexual abuse to provide insight and practical advice on dealing with the issues of child sexual abuse in the classroom.

Mini-binder resource manuals for each of Kentucky’s 43,000 public school educators and an informa-

tional poster about the series for all 1,400 public schools augment the videos. KET will broadcast the series several times throughout the 2003-04 school year. The designated child sexual abuse treatment coordinators from each regional community mental health center are coordinating the distribution of materials.

For additional information about the series, please contact Natalie Kelly at (502) 564-7610 or Natalie.Kelly@mail.state.ky.us.



KECC Kickoff Is August 5

The kick-off for the 2003 Kentucky Employees’ Charitable Campaign is scheduled for Tuesday, Aug. 5, at the Farnham Dudgeon Civic Center. There will be a very brief program at noon. Otherwise, employees may attend any time between 11 a.m. and 1 p.m. and visit the many booths. Food will be available on site.

In order to have sufficient time to attend this most important state sponsored event, CHS employees who attend will be allowed an additional 30 minutes for lunch in order that they have time for travel to and from the Civic Center and to find a parking place. Supervisors are to arrange work schedules to accommodate those employees who wish to attend the 2003 KECC Kick-off.

Please make every effort to support the KECC this year.



A Few Staff Reminders For August

A few reminders for CHS Staff:
- August is the month for interim performance reviews. Supervisors, please make sure that you schedule a time to meet with each of your employees and complete these reviews by the end of August.

- Don’t forget to take the Cabinet’s Employee Satisfaction Survey located on the CHS Intranet website, <http://chsnet/survey/intro.htm>. This survey is

an opportunity for all Cabinet for Health Service Employees to express their views on working within the Cabinet. Participation is voluntary; however, your input is essential to the survey’s success. The deadline for surveys to be completed is August 1, 2003. If you have any questions or experience problems with the survey, please contact Rebecca Amburgey at 564-5705 ext. 3909 for assistance.



The CHS Checkup is a newsletter for employees of the Kentucky Cabinet for Health Services. Please direct contributions or comments to the Office of Communications, 502-564-6786. View newsletters at the CHS website at: <http://chs.state.ky.us/> Printed with state funds.

